Founded in 1926, the Department of Kinesiology is one of the most established programs of study at SF State. We offer two concentrations for undergraduate students: 1) Exercise and Movement Sciences, and 2) Integrated Teacher Education Program; and three concentrations for graduate students: 1) Exercise Physiology, 2) Movement Science, and 3) Physical Activity: Social Scientific Perspectives. Students receive a comprehensive, high-quality education in Kinesiology and are encouraged to be physically active and develop fitness and skill in a variety of activities. Graduates leave the program prepared to pursue further graduate study or to embark on careers in fitness, physical education, coaching, community programming, sports medicine, sport management, and the broad field of allied health.

**EXERCISE AND MOVEMENT SCIENCES**

The Exercise and Movement Sciences concentration is for students interested in biomechanics, exercise physiology, motor control, motor learning and development, sport and exercise psychology, sport history, sport sociology, socio-cultural studies of physical activity, urban youth development, and physical or occupational therapy. Qualified students will be equipped with the skills and knowledge needed for advanced study in any of the above-mentioned domains or for employment in fitness settings, physical activity programming, the sports media, sports industries, and as consultants for agencies developing sports policies.

**INTEGRATED TEACHER EDUCATION PROGRAM**

The ITEP concentration prepare physical educators to deliver quality P.E. classes at the K-12 levels. The Single-Subject Credential in P.E. is an integrated program offered jointly by the Kinesiology Department and Graduate College of Education. This program will educate and certify teachers to teach physical education in public and private K-12 school. The emphasis on pedagogical knowledge during the early field experience, pre-service and in-service teaching experience, provides the learning environment for teachers to develop the necessary skills to educate a diverse student population to be physically educated individuals for lifelong physical activity.

**ABOUT IMPACTION AND ADMISSIONS**

Kinesiology is an impacted program meaning there are more students demanding the major than there is capacity. Students must be in junior standing to be admitted to Kinesiology. Freshmen desiring a Kinesiology degree will be admitted to the University as “Pre-Kinesiology”. This does not mean that your major is now Kinesiology, nor does this designation guarantee or increase your chances of acceptance into the major.

**Admission Eligibility:**

- Must be at least sophomore standing to apply (must have at least 60 units by the time you are admitted to the major)
- Must have minimum overall GPA of 2.0

(Students should have completed as many of the recommended courses as possible, in addition to the University Admissions requirements. Students who have not completed these courses before transfer application will have difficulty making progress towards their SF State degree in Kinesiology.)
RECOMMENDED COURSES

These courses are not used for admission decision. Must pass with a grade of "C" or better.

1. BIOL 100 & 101 Human Biology & Lab
   OR BIOL 230 General Biology I (Lab included)**
2. BIOL 220 Principles of Human Anatomy
   OR BIOL 328 Human Anatomy (Lab included)**
3. MATH 124 Elementary Statistics
4. CHEM 101 & 102 Survey of Chemistry & Lab
   OR CHEM 115 General Chemistry (Lab included)**
5. BIOL 212 & 213 Human Physiology & Lab

(ITEP students are NOT REQUIRED to complete CHEM 102 & BIOL 213)

ADDITIONAL RECOMMENDED COURSES
(for Exercise & Movement Science concentration only)

1. KIN 250 Introduction to Kinesiology
2. PHYS 101 & 102 Conceptual Physics & Lab
   OR PHYS 111 & 112: General Physics & Lab**

**Courses required for most Physical Therapy Doctorate Programs

APPLICATION PROCESS

SPRING APPLICATION: AUGUST 1 — AUGUST 30
FALL APPLICATION: OCTOBER 1 — NOVEMBER 30

CURRENT SF STATE STUDENTS
1. Apply ONLINE via your student center
   (a. On the left side drop down menu - select 'Change of major')
   (b. Select our college 'Health & Social Sciences' and select our 'department/concentration' that you wish to apply for)
2. Once your request is submitted, you will receive an email confirmation that your request is pending upon completing the 'Additional Information Form'.

TRANSFER STUDENTS
1. Submit official Cal State Apply application and indicate the concentration to which you are applying to (i.e., Exercise and Movement Science or Physical Education).

**Due to impaction, you will also be required to indicate an alternative major**